



# The Journal

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November 9, 2017



## *NSAB, WRNMMC Commemorate Vietnam War*

Photo by Andrew Damstedt



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# Commentary: D.C. winter weather requires patience, pragmatism

By Jeremy K. Brooks  
NSAB Public Affairs

The cold weather is starting to creep in and weather forecasters are starting to use the word “snow” in their predictions for winter. For anyone familiar with the National Capitol Region’s often unpredictable winter weather, snow can bring a simultaneous sense of excitement and dread.

Chief among the complaints is often the nail-biting wait in the wee hours of the morning as parents and the region’s significant number of government employees tune-in to radio and television for closure announcements.

From that perspective, sometimes the call comes at the very last minute. Sometimes it comes early and then seems unnecessary.

A number of factors play into the decisions that are made regarding the federal government operating status ([opm.gov/status](http://opm.gov/status)), including road conditions, other area closures, and potential impact on operations throughout the weather event (from start to anticipated end).

Additionally, while OPM (Office of Personnel Management) makes “the call” for federal employees, military members may fall under different operating conditions based on where they are assigned.

The first signs of local municipalities taking the weather threat seriously comes in the form of road treatments. Salt, sand and spray are spread over heavily traveled roads to pre-treat them. Around the same time, snow plows start to make an appearance as they’re pre-staged for possible use.

People who live on an Emergency Snow Route should make sure they know ahead of time where they can park once that route is activated — not only for the public good, but to avoid tickets and possible towing.

After parking, popping windshield wipers into the up position will prevent freezing in place and

*Expect the salt...  
With salt and slush on the roads,  
accept that your car is going to  
look like you’ve been off-roading  
on the Salt Flats in Utah.*

make it easier later on to clear the windshield of snow and ice.

Once precipitation begins, it’s decision time for employers. In some instances, OPM allows liberal leave or telework. Some school districts may opt for a half-day or late arrival for faculty. If visibility conditions are dangerous where you live and telecommuting is an option, safety experts recommend using that option.

During the first significant event of the season, veterans of D.C. winter weather events will tell you that’s when driving is at its most treacherous. Accidents occur at a high frequency and quickly shut down main roads or significantly impact traffic flow. Drivers, especially those who are new to the area, have to adjust to the new conditions and may not realize how slick roads can be or how much more distance they need to come to a complete stop.

Drivers who have no choice but to travel may encounter snow plows and salt trucks along the way. The salt comes down quickly and bounces, so smart vehicle operators should keep a safe distance.

Ultimately, the key to survival in a D.C. winter weather event hinges on two things — patience and pragmatism.

Traffic is inevitable. Allowing plenty of time to get where you need to be, staying alert (no texting and driving), and accepting that there will

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# Bethesda Notebook

## Healing Arts Exhibit

The 14th Annual Healing Arts Exhibit opens Nov. 9 at Walter Reed National Military Medical Center in the atrium between the American Building and Building 5. A symposium begins the event at noon in the America Building’s Great Lakes Conference Room, second floor, followed by the exhibit opening and artist reception at 3 p.m. For more information, contact Capt. Moira G. McGuire at 301-319-8755, or email [moira.g.mcguire.mil@mail.mil](mailto:moira.g.mcguire.mil@mail.mil). Information is also available from Jessica Shipman at 301-319-2896, or email [jessica.l.shipman2.ctr@mail.mil](mailto:jessica.l.shipman2.ctr@mail.mil).

## WRNMMC Town Hall

Walter Reed National Military Medical Center’s next town hall meetings are Nov. 14 at 7:30 a.m. in Clark Auditorium in Building 10, and noon in Memorial Auditorium in Building 2. All WRNMMC staff members should attend at least one of the meetings. Topics will include parking, IT, facilities and construction. Staff members are encouraged to engage and ask questions during the town halls.

## Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Nov. 16 from 1 to 2 p.m. and 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor. Spouses and partners are invited to attend. Military identification is required for base access to WRNMMC. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact Jane Hudak at 301-319-2918 or [jane.l.hudak.ctr@mail.mil](mailto:jane.l.hudak.ctr@mail.mil).

## Flu Vaccine Available

Walter Reed National Military Medical Center is administering the flu vaccine for all staff members and beneficiaries now through Nov. 30 from 8 a.m. to 4 p.m. Monday through Friday in Building 9, Arrowhead Zone, at the maroon tent in front of Gastroenterology Clinic. The flu shot is for beneficiaries and staff members ages 6 months and older. Children under 3 years of age must go to the fourth floor of the America Building to receive the vaccine. Accompanying beneficiaries may also receive their flu vaccine in the clinic. Patients who have an appointment in the America Building may go to the Allergy Clinic to use the Satellite Flu Clinic to receive the vaccine.

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## Naval Support Activity Bethesda

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Maryland Veterans Affairs Secretary George Owings presented a Veterans Day proclamation from Maryland Gov. Larry Hogan at Naval Support Activity Bethesda's Commemoration of the 50th Anniversary of the Vietnam War.

## Event Commemorates Vietnam War's 50th Anniversary

Story and photos by Andrew Damstedt  
The Journal

Maryland's Secretary of Veterans Affairs George Owings shared three lessons the United States learned from the Vietnam War at Naval Support Activity Bethesda's Commemoration of the 50th Anniversary of the Vietnam War Nov. 7 in Memorial Auditorium.

One lesson, he said, was "if you commit Americans to fight a war, you fight to win."

He said the United States learned that lesson the hard way because the Vietnam War had no clear goal or exit strategy. New chemical weapons, such as Agent Orange, added a new element to the war, he added.

"You're treating these very people who are suffering from exposure to things perhaps that we should've known about before," Owings said.

NSAB is participating in a nationwide Commemoration of the 50th Anniversary of the Vietnam War – a 13-year program to honor Vietnam War veterans.

Owings, a Vietnam veteran who joined the Marine Corps in 1964, said another lesson learned was the "Golden Hour."

"Increased training of field and medical personnel and the use of helicopters to evacuate wounded personnel within an hour increases survival rates," Owings said. "We came to know it as the 'Golden Hour.' Without the Golden Hour, we would not be able to save those that we save today."

The third lesson, Owings shared, was that to win future wars public support is critical and needs to



Naval Support Activity Bethesda Commanding Officer Capt. Marvin L. Jones speaks at the Commemoration of the 50th Anniversary of the Vietnam War Nov. 7 in Memorial Auditorium.

call upon the nation's military Reserves and National Guard.

"It's important that we engage why, because now the whole of the country is involved, not just those active duty in the five fighting branches but all of us are engaged," Owings said.

During the height of the Vietnam War in the 1960s, Owings said the country was divided about the war.

"War demonstrations were commonplace," he said. "Students at the University of Maryland staged sit-ins against the war and against the draft on Route 1 that stopped traffic. Police responded with tear gas."

Owings said many decided to join military service while others were drafted.

"Within a matter of weeks, you were exposed to

something called life threatening conditions – you were in combat, far from home with individuals that you really don't know a lot about," Owings said.

The welcome home for many Vietnam veterans was not a warm welcome, he explained, so many chose to fly back to the United States out of uniform.

"Now back in your own country, your friends – worse than that, some family members – your own family in some cases didn't understand you; didn't know why you did it," Owings said. "They didn't want to be around you; they disowned you. And if you were suffering from things other than physical wounds it was even worse."

He said lessons learned from the Vietnam War have improved the situation for service members today.

"We look forward to coming to these (commemoration events) and acknowledging the service that you did in or out of the field; in an aircraft or on the ground; on a boat, ship or on land, it did not matter," Owings said. "If you served, you served with pride; you served with integrity but most of all you served with your fellow Americans and are willing to serve them all the way to the end. And for that no one should ever forget what you do."

Owings presented Naval Support Activity Bethesda Commanding Officer Capt. Marvin L. Jones and Walter Reed National Military Medical Center Senior Enlisted Leader Sean Brown a Veterans Day proclamation signed by Maryland Gov. Larry Hogan.

Jones thanked Owings for sharing the lessons learned from the Vietnam War.

"We're grateful for the sacrifice that was made by our Vietnam veterans," Jones said.



# Army Ten-Miler Called for Excessive Heat

By Sharon Holland  
USU External Affairs

Tens of thousands of runners converged on Washington, D.C., Sunday, Oct. 8, for the 33rd annual Army Ten-Miler race, but as the temperatures rose, so did the number of the heat casualties, leading to the race being shortened and reclassified as a “recreational run” at 10:08 a.m.

A team of personnel from the Uniformed Services University of the Health Sciences (USU) provided medical support for the second-largest 10-mile race in the U.S.

Conditions were relatively warm and humid as the race began at 8 a.m., with temperatures in the 70s, but only 45 minutes into the event, as the thermometer rose into the 80s and the humidity levels climbed, runners began suffering from a variety of heat-related illnesses. According to the National Weather Service, it was the warmest low temperature in Washington, DC, in the last 145 years.

At 10:00 a.m., the medical team recommended that race officials call a halt to the competition to keep things from getting worse.

Exertional heat illness occurs with prolonged intense activity, most frequently in hot-humid conditions. There are many types of heat illness, including cramps and exhaustion, which can be the result of fatigue, body water or electrolyte depletion and other factors. Exertional Heat Stroke (EHS) is the most severe form of exertional heat illness and is a medical emergency that is lethal up to 90% of the time if not rapidly recognized and appropriately treated.

More than 264 patients were treated by USU faculty, medical students, and National Capital Consortium Primary Care Sports Medicine fellows, along with staff from several National Capital Region military treatment facilities, in four medical tents on race day. Thirty-four patients were transported to area hospitals by ambulance. Thirty runners were treated for EHS in one of four ice baths running almost continuously for much of the race. More than 1,500 pounds of ice was used to provide life-saving treatment for runners with EHS.

USU protocol officer Joshua Barricklow was one of this year’s race participants. “It was unpleasant and warm for this time of year and very humid. It rained some early on, which helped a little, but then you’re soaked and still having to run five to six miles. It felt like all I heard for the last two miles were sirens. Runners were dropping all over the place. I was in the first wave and seeing that...I can only imagine what it was like for the later waves,” he said.

As patients continued to pour in, USU team members were key in recognizing and treating them, including medical students Army 2nd Lts. David Ediger, Taylor Reffett, and Paige White, Navy Ensigns Vivek Abraham, Ingrid Carnevale, and Paolo Rigo, Air Force 2nd Lts. Sydney Giblin, Nate Ford, Brett Rasmussen, and Connor Kelly, who worked with deliberate efficiency under the supervision of Fort Belvoir Sports Medicine physicians Army Maj. (Dr.) Chad Hulsopple, Air Force Maj. (Dr.) Cole Taylor, and Army Maj. (Dr.) Jesse Deluca as they took care of the runners.

And they were prepared. On Tuesday October 3rd, prior to the race, USU hosted the first ever Army



PHOTO COURTESY USU

**USU medical students Army 2nd Lts. Tim Zerhusen, Eric Adams, Air Force 2nd Lt. Tora Cobb, and Public Health Service Ensign Quinn Bott braved the record temps and humidity to run the 2017 Army Ten-Miler, Oct. 8.**

Ten-Miler Medical Symposium in preparation for the race. Symposium topics included management of EHS, mass event coverage, collapsed athletes, stress fractures, running injuries and many other race-related subjects taught by sports medicine experts from USU, Fort Belvoir, the U.S. Naval Academy, Johns Hopkins University, and Walter Reed National Military Medical Center.

“I think we were definitely ready to handle the casualty load,” said 2nd Lt White. “Each medical student was paired with an attending and the ‘heat teams’ were formed from there. A ‘heat team’ was basically an attending, a medical student, and extra staff like a resident, corpsmen, medics, etc. In the hours before the race began we did practice runs so each team was prepared to take a patient, carry the litter, and move them into an ice bath when it was time. This structure ensured the safety and smooth flow of patients and allowed for an organized hand-off to the EMTs. The staff of the race and the medical tent noted that we were hit with more heat casualties than they had seen for a long time, however, everybody still worked like a well-oiled machine even when it felt like we were bombarded with casualties.”

Four runners (three male, one female) pose for a group photo in their running gear with their numbers on their clothes

“This felt almost exactly like providing care during mass casualty situations while deployed. This dedicated and totally unified joint service



IMAGE CREDIT: JOHN SONDERMAN/FLICKR

**Runners get splashed by volunteers in an attempt to cool down during this year’s Army Ten-Miler. Record temperatures and high humidity forced race officials to call the race and reclassify it as a recreational run on the recommendation of USU faculty overseeing medical operations for the race.**

medical unit prepared and performed in a truly extraordinary way,” said USU assistant professor of Family Medicine Lt. Col. (Dr.) Christopher E. Jonas, who served as Chief Medical Officer of the race and director of the medical symposium. “This was a total team effort and every member provided tireless, coordinated, and efficient expertise.”



# Walter Reed Bethesda Celebrates Disability Inclusion

Story and photos by Bernard S. Little  
WRNMMC Command Communications

“What a great day it is to be an American here at Walter Reed National Military Medical Center — the place that my family and I came to know as ‘the Miracle Factory,’” said Army Maj. Jeremy Haynes. “Right now within these walls, a miracle is happening somewhere. For me, I’m happy to say I am one of those miracles.”

Just moments before stating this, Haynes got up from his wheelchair and used a cane to walk the few steps to the microphone where he spoke as the guest speaker during the National Disability Employment Awareness Month (NDEAM) observance at Walter Reed Bethesda on Oct. 30.

“[Walter Reed Bethesda] is the place that literally puts people back together, not just physically but mentally, emotionally and spiritually,” Haynes added before sharing his miracle story with those in attendance.

He spoke about “the worse day of his life” – Aug. 5, 2014. On that day while serving as the aide-de-camp to Army Maj. Gen. Harold J. Greene in Kabul, Afghanistan, Haynes sustained four life-threatening gun-shot wounds that caused immediate paralysis from his waist down. Greene died in the surprise attack, making him the highest ranking American officer to be killed in combat in the ongoing Global War on Terrorism.



Army Maj. Jeremy Haynes serves as guest speaker at Walter Reed Bethesda's observance for National Disability Employment Awareness Month, sponsored by the Multicultural Committee Oct. 30.

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# PWD Bethesda Preparedness Pays Off in Securing Last-Minute Funding

By Andrew Damstedt  
The Journal

Working into the morning hours before the 2017 fiscal year ended, Public Works Department (PWD) Bethesda employees secured last-minute funding to award various projects on Naval Support Activity Bethesda (NSAB).

"It was a team effort, and most of the applause goes to our acquisition team for getting those projects awarded; also our financial team who also stayed here very late. They're the ones that got them awarded," said Chaz Rogers PWD Bethesda Facilities Management Division Director, noting they worked more than 12 hours on the last day of the fiscal year.

They worked tirelessly to get the projects awarded, he said.

But to get the projects to the acquisition team a lot of prior planning had to go into each project so they could get to a "design-on-shelf" stage, he said. That means that the project is ready to go once the funding is secured.



PHOTO BY DIANE ELSBERG

Naval Support Activity Bethesda Commanding Officer Capt. Marvin L. Jones presents Sharon Zarrella, PWD Bethesda performance assessment representative, a certificate while PWD Bethesda employees Luke Armstrong (second from right) and Johnny Grier watch. Jones thanked PWD Bethesda employees who went above and beyond their duty in securing funding before the fiscal year ended.

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“We are doing more planning and prep work on the front end and we coordinate as a team,” Rogers said.

PWD facility specialists, planners, architects, engineers, and techs were all critical in project development prior to award.

Some of the \$453,973 projects funded through Commander, Navy Installations Command (CNIC) that PWD Bethesda secured were repairing damaged street lights, installing new fire alarm systems, painting walls in different buildings, restriping parking garages and renovating bathrooms in Building 27.

Some of the projects already have been completed, such as installing a new fire alarm system.

Rogers also pointed out that just in the month of September; PWD Bethesda awarded \$12.2 million for projects for all mission partners on NSAB. He said \$11.4 million of that funding was awarded after Sept. 15.

“We were successful in having numerous design-on-shelf (projects) in the planning and prep work that led to it, even though they’re small projects by comparison to the other (Navy District Washington) installations,” Rogers said.



PHOTO BY ANDREW DAMSTEDT

**PWD Bethesda employees helped secure last-minute funding at the end of fiscal year 2017. Pictured are front row (left to right): Deborah Coons, Thuy Le, Christine Ngo and Nadia Shelby; back row (left to right): Christopher Postek, Alex Gordon and Chauncey Pendleton.**

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# WRNMMC Leadership Academy Continues Growth Through Education and Leadership Development



PHOTO BY A.J. SIMMONS

Mary Johnson (left) and Navy Cmdr. (Dr.) Janine Danko are the deputy director and course director of the Walter Reed National Military Medical Center Leadership Academy, respectively. Leadership Academy provides students with tools and connections to foster and develop leadership within Walter Reed Bethesda.

By A.J. Simmons  
WRNMMC Command  
Communications

Walter Reed National Military Medical Center held its second Leadership Academy of 2017 for staff members in September. Comprised of four days of courses, each installment of the academy provides leadership development opportunities and education to service members, civilians and contractors alike. Additionally, staff members who participate are eligible to receive between 15 to 20 continuing medical or nursing education (CME) credits.

“It’s a command course taught by subject matter experts from across the hospital,” explained Navy Cmdr. (Dr.) Janine Danko, the course director of the Leadership Academy and the deputy director of Medicine at WRNMMC. “People who want to better understand how the organization is structured, how to get things done, [and] who are resources or points of contacts to get things done should think about enrolling in Leadership Academy.”

“A lot of people [at WRNMMC] are very hungry to learn about leadership,” said Mary Johnson, the deputy director of the Leadership Academy and the program manager of WRNMMC Continuing Medical Education programs. “So in Leadership Academy, we try to get people who are either new leaders or up-and-coming leaders and present...leadership material.”

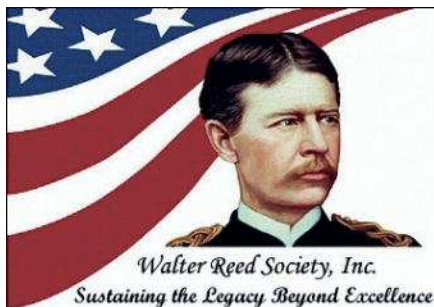
According to Johnson, the academy’s courses cover a variety of topics and fields and are

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## Walter Reed Society

Assisting the Wounded, Ill, or  
Injured Service Members and their Families



The Walter Reed Society is an all-volunteer 501C-3 charitable organization. Its **mission** is to provide financial or direct assistance to service members being treated at Walter Reed National Military Medical Center and their families in response to their unmet needs during their care at Walter Reed.

In cooperation with the Medical Center, the Society also provides assistance with treatment, education, research activities, travel and lodging, and hospital staff support. Since the Walter Reed Society’s inception in 1996, the Medical Center and hundreds of service members and their families have received over \$2.2 million in assistance.

**Membership in the Society is open to all** - officers, enlisted, active duty, retired, Reserve, National Guard, civilians, patients, family members, volunteers, and friends of Walter Reed.

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# DISABILITY

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Treated at Landstuhl Regional Medical Center in Germany and then WRNMMC, Haynes said he and his wife Chelsea came to the realization that his recovery would be “a marathon and not a sprint.” A doctor told Haynes that based on his injuries, he would probably not stand or walk again. “Tears poured down my face, and the doctor walked out of the room,” Haynes recalled.

Haynes said moments later, that same doctor walked back into his room, closed the door, took off his lab coat and sat down next to him. “He said to me, ‘You know young man, through faith, all things are possible. I’ve seen some pretty amazing things [at WRNMMC], so I’m not going to tell you what you can’t do. Instead, I’m going to give you the tools for what you can do.’”

“The journey wasn’t easy, but I had individuals in my corner who gave me the opportunity,” said Haynes. He said those individuals stressed focusing on what he had and not on what he didn’t have. With that encouragement, Haynes stood for the first time in November 2014.

“They believed in me and gave me opportunities,” Haynes said of the WRNMMC staff.

One of those opportunities came from adaptive sports specialist and occupational therapy assistant Harvey Naranjo, Haynes explained. He said Naranjo asked him what were some of the things he liked to do before he was injured and he told Naranjo that he liked to run. Naranjo suggested Haynes try out a hand cycle, which the major did and enjoyed.

“There are phenomenal people like Harvey and countless other medical professionals at WRNMMC who gave me an opportunity,” Haynes said.

“As we talk about National Disability Employment Awareness Month, that’s all we want – an opportunity,” Haynes continued. “We don’t want to be pitied. We don’t want to be looked down upon. We just want to be treated like human beings and have an opportunity [to show what we can do].

“Everything we do in life [involves] a report card,” Haynes said. “For those who gave me an opportunity and for those who believed in me, they have a perfect score in my book,” he added. “They gave me the chance and I am forever grateful to be one of the miracle testimonies here at Walter Reed National Military Medical Center.”

The Multicultural Committee at WRNMMC hosted the observance for National Disability Employment Awareness Month, which has its roots to the return of injured service members from World War II, sparking public interest in the contributions of people with disabilities in the workplace.

In 1945, President Harry S. Truman approved a Congressional resolution declaring the first week in October as National Employ the Physically Handicapped Week. The word “Physically” was removed in 1962 to include individuals with all types of disabilities, and in 1988, Congress expanded the week to a month and changed the name to National Disability Employment Awareness Month. When it was established in 2001, the U.S. Department of

Labor’s Office of Disability Employment Policy assumed responsibility for NDEAM and has worked to expand its reach and scope ever since.

In his proclamation for this year’s observance, President Donald J. Trump stated, “During National Disability Employment Awareness Month, we celebrate the many contributions of American workers with disabilities and reaffirm our admiration of the skills and talents they bring to today’s workplace.

“Every American who is willing and able to work should have the opportunity to provide for themselves and their families. This includes the

30 million American adults with disabilities. Many Americans with disabilities struggle to find employment opportunities, despite the wealth of skills they have to offer. In 2016, only 27.7 percent of working-age Americans with disabilities were employed. More employers should recognize the fresh perspectives and skills these men and women can add to an innovation-focused workforce. They are an incredible asset to our economy. Our goal is to help ensure that they experience the independence, economic self-sufficiency, pride, and community that come with a job,” Trump added.



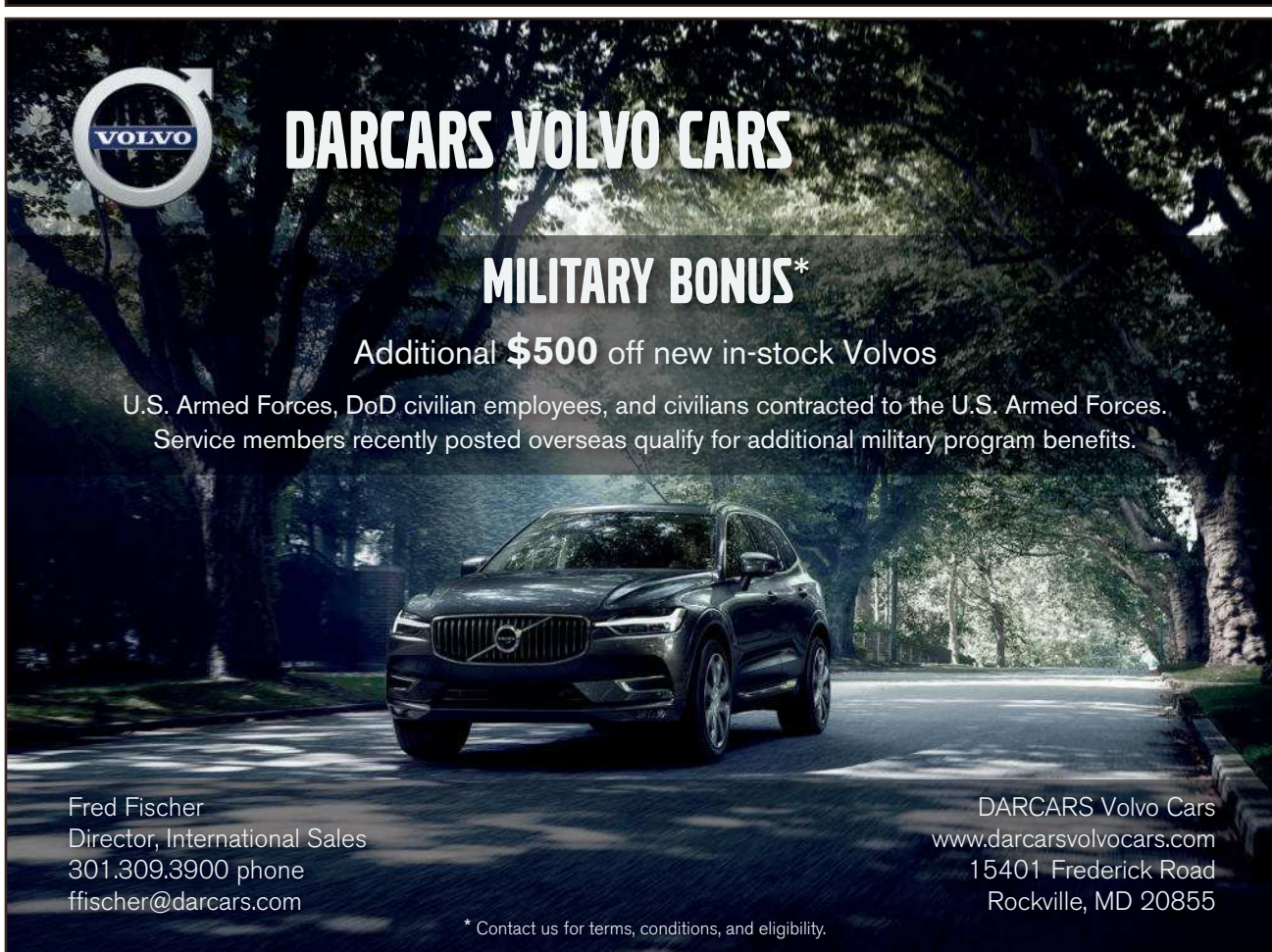
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## EDUCATION

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organized into specific categories across the program's four-day span.

"Each of the day or half-day programs is focused on a certain topic that we had initially designed as a leadership competency," elaborated Danko. "So the competency for the first day is leadership and one's leadership development."

Danko continued, explaining that the second day of the course addresses resource management within the hospital, as well as quality improvement and the patient experience.

Day three of the course is split into two half-day sessions. The first half of the day focuses on personnel and management while the second session, called 21st Century Health Care, is intended to present novel health care topics within the organization. Danko noted that this is the session in which students learn about "what's new at Walter Reed that's putting us on the map."

The fourth and final day of the Leadership Academy is designed to educate staff members on business management and optimization.

According to the program's webpage, the variety of courses and fields of expertise represented in the Leadership Academy help to "develop health care professionals into innovative leaders with a skill set to enhance their competence and ability to excel to the next level of their career ladder."

Johnson pointed out that the program's competencies are just one of its advantages, as students also learn from each other: "It's about the relationships that are formed, the relationship building. There's so much value in the soft skills [students] get out of Leadership Academy. People who wouldn't necessarily interact on a daily basis can talk to each other and form relationships across departments."

Danko agreed, saying, "A lot of the value of being a student in Leadership Academy is the interaction with others in the class. There are a lot of engaging exercises that are meant to bring people together from all over the command and different directorates."

Moving forward, Danko hopes to see the program develop a follow-up course—or "Leadership Academy 102," as she put it—for students to further develop their leadership knowledge and form connections with fellow staff members.

"People who have been through the experience are thirsting for that," she said. "They want continued and sustained leadership training."

The Leadership Academy will be offered three times in 2018, according to Danko. The specific dates are currently being planned and should be announced in November.

More information, including the upcoming dates, sample agendas and each presentation from the most recent course can be found on the Leadership Academy's WRNMMC intranet page. Visit the page or contact Mary Johnson at mary.b.johnson1.civ@mail.mil to learn how to get involved with the next Leadership Academy.

## WEATHER

From  
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probably be accidents on your route, will help you keep your blood pressure in check and your stress levels low(er).

Once winter weather events begin in D.C., the likelihood of more increases. With salt and slush on the roads, accept that your car is going to look like you've been off-roading on the Salt Flats in Utah. (And using Murphy's Law, know that every time you wash your vehicle, you increase the likelihood of another winter event.)

Announcements come when they come. There will be school districts, institutions and even government entities that will wait until the last possible moment before "making the call." Accepting that every one of these organizations has their own guidelines and processes in place — however disparate from each other — is the most practical thing you can do. It also requires patience.

Be realistic about safety. Be honest about what you NEED to do outside versus what you'd LIKE to do. Don't take the risk of shoveling off a block of snow if you really don't need to. Temperatures

can get quite cold and it'll hit you before you realize it. Dress in layers (including hat, gloves and scarf), and only stay outside for short periods of time if possible.

(As a side note to the above — if you don't need to go to the mall, don't. Odds are — in a deep snow incident of a foot or more — the parking will still be limited for at least the first 12-24 hours after the event has ended.)

Make sure you have non-perishables and emergency supplies on hand ahead of time to be ready for a power loss. Outages in D.C., Maryland and Virginia can vary wildly by number. Depending on the number of outages and their location, restoring power can take a few hours or a few days. Have water, batteries, flashlights, blankets, first aid kits, and other supplies on hand to account for the possibility.

Finally, look after your neighbors. Help them shovel if they need it. Check on their welfare, especially the elderly. Make sure they have heat and a way to reach someone in case of an emergency.

Then, go home, bring out the board games and hot cocoa, and try to enjoy the view while it lasts...before it turns into grey slush.

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11/16	6 am-3 pm	<b>Turkey 1 Mile Swim-Fitness Center Pool</b> FREE Turkeys for the 1 <sup>st</sup> 25 to finish!
11/17	11 am-2 pm	<b>International Luncheon: Jordan</b> Warrior Café, Bldg. 62
11/18	10 am-12 pm	<b>SUPER HERO TRAINING CAMP FREE</b> Fitness Center, Bldg. 17 Open to all. Kids 3-10 years complete an obstacle course dressed as their favorite superheroes. Register online. Navymwrbethesda.eventbrite.com Volunteers needed: signup.com/go/superherocamp2017
11/19	10 am-3 pm	<b>Trip to the National Museum of African American History and Culture-Trip is full.</b>
11/23	10 am-2 pm	<b>Thanksgiving Brunch at the Warrior Café</b> Adults \$14.25 Children 6-12 \$7.25

Registration for these events is available online at  
[www.navymwrbethesda.eventbrite.com](http://www.navymwrbethesda.eventbrite.com).

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